

Abstract

Title: The influence of physical activity on the accuracy and length throwing a grenade.

Objectives: The aim is to identify and compare the influence of the anaerobic burden of shuttle the accuracy and length of throw a grenade at a selected group of 20 students of the University of Defence in Brno. Students will participate in three testing grenade throwing. Throwing at a target, the size 6 x 3 m, no load, after load in the form of cross shuttle run 10x10m and after loading with 15 kg backpack.

Methods: It is a descriptive analysis. Measurements were performed using a tape measure and observing the impact of throws. For statistical evaluation of the comparative method was used.

Results: From the measured data, it was found that the difference between the success of interventions first and third test is more than 20 %. Lengths throws gradually reduce with the difficulty of the tests.

Keywords: accuracy throw, throw a grenade, throw length, the influence of physical activity